



# Des Moines Normandy Park Activity Center

**Spring 2015**



**friendship \* fitness \* fun**



[www.desmoineswa.gov](http://www.desmoineswa.gov)



[www.ci.normandy-park.wa.us](http://www.ci.normandy-park.wa.us)



# Welcome to Des Moines Activity Center



## Staff

**Patrice Thorell**, Parks, Recreation & Senior Services Director  
**Sue Padden**, Senior Services Manager  
**Charisse Gregory**, Office Manager  
**Abbie Nielsen**, Recreation Coordinator  
**Karna Coyle**, CCS Nutrition Coordinator -M-W  
**Aida Martinez**, CCS Nutrition Latino Coordinator-TH  
**Eduardo de La Cruz**, Sea Mar Program

## 2015 Des Moines City Council

Dave Kaplan, Mayor  
 Matt Pina, Mayor Pro Tem  
 Jeanette Burrage  
 Melissa Musser  
 Bob Sheckler

Jeremy Nutting  
 Victor Pennington

**City Manager:** Tony Piasecki

## 2015 Normandy Park City Council

Susan West, Mayor  
 Doug Osterman, Mayor Pro Tem  
 Mike Bishoff  
 Shawn McEvoy  
 Kathleen Waters

Stacia Jenkins  
 Tom Munslow

**Interim City Manager:** Bob Jean



## 2015 Senior Advisory Committee

Jeremy Nutting, Des Moines Council liaison  
 Jeanne Serrill  
 Dr Barbara Reid  
 Sheila Dahlgren  
 Jill Martin  
 John McEvoy  
 Dorothy Smith, not pictured

L-R

Call Sue Padden, 206-878-1642, for information on the committee and when it meets.

## Des Moines Activity Center

**Business Hours:** Monday-Friday 9am-4pm  
**Street:** 2045 S 216th, Des Moines 206.878.1642  
**Mail Address:** PO Box 98576 [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)  
 Des Moines, WA 98198  
**Meeting & Facility Rentals:** Events & Facilities Coordinator: 206-870-9370

**Holiday Closure** Memorial Day, Monday, May 25, 2015

## Registration Policies:

Pre-registration is required for all programs unless otherwise stated.  
 Registration is taken on a first paid basis.  
 Returned check fee: \$40 (plus 50% surcharge if collection action needed).

## Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued.  
 Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$10 or less, Special Events,
- Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.



*Des Moines Activity Center walls are freshly painted and feature two delightful framed photographs donated by the late Carmen Scott!*  
**Drop By And Enjoy!**



**Disclaimer:** This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

**Des Moines Activity Center** is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Senior Services and through the generous contributions from our many participants. *Thank you!*



## Line Dancing

Love to dance? Treat yourself to an afternoon of fun and movement sampling old and new line dances! Pre-registration required! No Partners needed!

Instructor, Barbara Cornwall \$36

Thursday, April 23-May 28 2:30-3:30pm DMAC



## Dance for Parkinson's

Enhance your life through dance! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control move-

ment in a welcoming environment accompanied by live music. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Offered with funding support from Des Moines Legacy Foundation.

Adults \$5 Suggested Donation

Monday's through April 13 2-3:30pm DMAC

Next session starts June 8

## Keep Fit on the Courts!

Normandy Park Recreation Center  
801 SW 174th Normandy Park, WA  
206-824-8256

Senior Drop-in Open Gym No Fee

Basketball	Thursdays	12-2pm
Pickleball	Mon/Wed/F	8-10am

Thank you Normandy Park!

## Sunday Dances



Live dance music w/Randy Litch.  
Adults of all ages welcome

4th Sunday 1-3pm

\$5 Admission

March 22

April 26

May 24

June 28

July 26

August 23

Hot Beverages & Door Prize  
Donated by Stafford Healthcare



## Power Yoga

Start your day off right with Power Yoga in a Vinyasa style. Builds core body strength while opening hips and strengthening back.

Work to your own capacity. Bring a mat and water bottle.

Certified Instructor: Rhonda Allison

Adults \$36

Tuesday, April 14-May 19 6:30-7:30am DMAC

Tuesday, May 26-June 30 6:30-7:30am DMAC



Check out page 5 to Enroll in  
an Enhance Fitness Study!

## Enhance Fitness

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks. Co-sponsored by Group Health & Senior Services.



Instructor: Mary Brown, EF certified  
Tues/Thur/Friday

Field House

April 2-30 8am or 9:30am \$39

May 1-29 8am or 9:30am \$39

Summer schedule available mid-May!

Energy Yoga helps release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle and bone strength, range of motion, balance and coordination, and stability, Bring a mat.

Instructor: Rhonda Allison Normandy Park Cove

Thursday, March 5-April 9 1-2pm \$36

Thursday, April 16-May 21 1-2pm \$36

Thursday, June 4-July 9 1-2pm \$36

## Seeking 2015 Recreational Coed Senior Softball Players

Practices: April: Tuesdays & Thursdays

League Games: May-July: Tu/Thu @ 10am

Age: 50 & better

Home Location: Stephen J Underwood Fields

Away games: Fields throughout King County

Thank You Sponsor!





## Creativity



### Watercolors...

..... All things spring!

Celebrate the new season in watercolor; explore spring themes of landscapes, trees and experimental florals on gessoed paper with ink.

Landscape photos will be provided and bringing personal photographs is encouraged!

Supply list available upon registration.

Instructor: Susan Waite

\$60

Tuesday, April 21-May 26 1-3pm

DMAC



Pat Doheny inspires writers to convey their recollections, thoughts and visions through Creative Writing, Memoir Writing and Poetry classes!

### Creative Writing

Interested in capturing your family's history? Do you have a story to tell? Take advantage of Pat's writing experience and get started! *Instructor: Pat Doheny*

Wesley Gardens

\$43

Thursday, April 2-May 21 10am-12pm

### Memoir Writing

Learn to write the story of your life—join others as you share your life experiences in a supportive environment. And share the story of how you came to be who you are and where you are today! *Instructor: Pat Doheny*

Wesley Gardens

\$43

Thursday, April 2-May 21

2-4pm

### Poetry 202

Try your hand at creating poetry, you might just enjoy it!

*Instructor: Pat Doheny*

Wesley Gardens

\$12

Thursday, May 28-June 4

10am-12pm

## Scholarships Brings Joy!

### Need funding assistance to attend our programs?

Des Moines Legacy Foundation Scholarships provide funding assistance for eligible Des Moines and Normandy Park Senior Adult residents to attend *many* programs and services offered through Des Moines Activity Center.

**Call 206-878-1642 to learn more.**

## Technology

### King County Library System's Computer Classes

Register now, space is limited!

Adults 50+

FREE

#### Intro to Computers

Learn and practice the basics skills necessary for using a computer including operating the mouse, selecting items, adding text, opening windows and programs.

Wednesday, May 13 10:30-11:45am DMAC parking lot

#### Intro Microsoft Word 2007

Learn basic skills for entering, correcting and revising text on a computer.

Wednesday, June 10 10:30-11:45am DMAC parking lot

#### Facebook Basics

Discover how to use this social networking website, set up an account and start socializing. Must have a basic understanding of the Internet and an email account!

Wednesday, June 10 12:30-1:45pm DMAC parking lot

Let us know what type of computer classes you are looking for, call 206-878-1642 or email [seniors@desmoineswa.gov](mailto:seniors@desmoineswa.gov).

## The Village at Judson Park

Your Preferred Provider for  
**Short Term Rehabilitation**  
**and Person-Directed Nursing Care**





Commission of Accreditation for Rehabilitation Facilities (CARF) awarded Judson Park a 5 year accreditation for high quality care/services and appointed the Village a special accreditation in Person-Directed Care

24 hour Registered Nursing staff on site

Physician/ARNPs on site 7 days week

The Village Medical Director voted Medical Director of the year by AMDA in 2011

Inpatient/Outpatient (physical, occupational and speech) therapy - Specialized for older adults

Our therapists specialize in faster recovery, earlier discharge, and enhanced quality of life



### JUDSON PARK

The Sound Choice for Senior Living  
MANAGED BY ABHOW

23620 Marine View Drive South  
 Des Moines, WA 98198  
 (800) 689-3923 • [judsonpark.com](http://judsonpark.com)








### Cooking Basics

Get comfortable in the kitchen and enjoy this interactive cooking course for **men and women** looking to feel more comfortable and improve their skills in the kitchen.

Learn a variety of kitchen basics and recipes and come away knowing how to

cook of variety of classic meals under the themes of cooking for one, dinners for the whole family, healthy choices and date night. Shopping lists, recipes, techniques and complete dinners will be provided.

*Instructor: Vince Koester*

Adults \$25  
Tuesday April 21- May 12 2-3:30pm DMAC



### Medical Lending Making a Difference



Are you slated for surgery and need Medical Equipment such as a bath bench, walker or commode during rehab?

Check out our *self-service* Medical Lending Closet!

You just might find what you need.

- ♦ Suggested donation requested.
- ♦ Equipment is available for short-term use on a first-come basis.
- ♦ Items are clean when checked out.
- ♦ Items should be returned clean and ready for the next borrower.

*Medical Lending Closet  
Des Moines Activity Center  
Monday-Friday 9:00am - 3:30pm*

We accept clean equipment donations such as transport wheelchairs, shower benches, transfer benches and commodes.

### Seeking Participants for a Study

Des Moines Activity Center is participating in a study coordinated by the Medicare & Medicaid Services Study and Senior Services designed to demonstrate that regular exercise programs for seniors improve wellness; disease prevention and support Medicare reimbursements.

The study seeks seniors to participate in Des Moines' Enhance Fitness classes (see page 2 for class details.)

Qualified participants will participate in 8-weeks of Enhance Fitness at no charge and will be paid for their participation! All information is confidential and privacy is insured. Eligibility:

- ♦ Age 66 & better
- ♦ New to Enhance Fitness—or a returnee after a 12-month absence.
- ♦ Completion of surveys prior to and during the study.

*For additional information and to enroll, contact Sue Padden, Senior Services Manager, City of Des Moines at 206-870-6584 or [Spadden@desmoineswa.gov](mailto:Spadden@desmoineswa.gov).*

### AARP Smart Drivers

*Why take the course?*

*Smart Driver* focuses on making drivers aware of how to be safer on today's streets and highways by being aware of good habits and the little bad habits that manage to creep into driving habits. *Smart Driver* addresses changes in our bodies, minds and attitudes that can have an effect on how we handle our vehicles.

*Smart Driver* discusses how and when we need to consider the right time to no longer be the primary driver and alternative ways to maintain our mobility.

A self evaluation is an integral part of the class.

Remember: State law requires you receive a discount on auto insurance when you submit your certification.

Age 50+ \$15 AARP member/\$20 AARP non-member  
Tu/Wed, April 14 & 15 10am-2pm DMAC



### LAW OFFICES OF

### REGEIMBAL, MCDONALD & YOUNG, PLLC

612 S. 227th Street  
Des Moines, WA 98198

Phone: 206-212-0220

Fax: 206-408-2022

Website: [desmoineselderlaw.com](http://desmoineselderlaw.com)

Normandy Park Police Department offers the  
**Drug Take Back Program.**

Prescription medications may be dropped off  
during business hours:

801 SW 174th Street, Normandy Park  
M-Th 9am-5pm, Fri 9am-3pm

Limited to residents of Normandy Park.



**LIFE—Continuing Education Classes**

Offered through Wesley Homes in cooperation with Highline Community College and Des Moines Activity Center.



Registration: Contact Lisa Meinecke, 206-870-8555

Location: Wesley Homes Terrace Classroom

**Alfred Hitchcock: Film Series**

Filmmaker Alfred Hitchcock was nicknamed the "Master of Suspense" for employing a kind of psychological suspense in his films, producing a distinct viewer experience. Hitchcock directed more than 50 feature films in a career spanning six decades. In this class you will learn about the life of Hitchcock and how he changed film through his distinctive directorial style. This course will feature lectures, screenings, discussion and analysis. Instructor: Christine Kennedy, BA in Communications & completion of the acclaimed Mediaworks.

Thursday March 19-April 16 6-8pm \$60

**Genealogy & Family History**

Learn how to research your family history by using records, census data and other sources. You will also receive helpful hints for un-puzzling your family tree, using maps and more. Instructors: Winona Laird, Professional Genealogist & Green River Community College instructor; Janet Camarata, President of South King County Genealogical Society & founding member of the Genealogy Training Center.

Wednesday April 8-29 1-3pm \$60

**Holocaust: Victims and Oppressors**

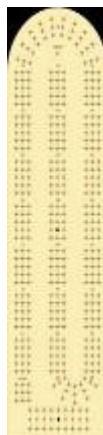
The Holocaust continues to be one of the most heinous events in history. Join us to examine the causes and consequences of the Holocaust. Events of the Holocaust will be examined, from the rise of Hitler to power, through the adoption of anti-Semitic laws and the implementation of the Final Solution. Instructor: Rick Karkavy, current rabbi of Bet Chaverim, a Des Moines synagogue and previous executive director of the Holocaust Museum in New York.

Friday April 24 1-4pm \$20

**Drop-In Art, Fun & Games**

Monday	Wii Activities	10am—1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Activities	10am—1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
Wednesday	Artists "R" Us	9—11:30 am
Wednesday	Wii Activities	10am—1:30 pm
Wednesday	American Mah Jongg	12:30-3 pm
Fridays	Pinochle	1-4 pm
Fridays	Duplicate Bridge**	10am-2:30 pm
Fridays	Hand & Foot Cards	1—4 pm

\*\*Pre-registration Required, call 206.878-1642

**Our Wish List**

Coffee-drip grind—Reg & Decaf

Lemonade Mix

Ice Tea Mix

Kleenex

Vintage Buttons

Gallon Zip Lock Plastic Bags

Zip Lock Sandwich Bags

Costco's 500 pack each of  
plastic spoons, forks and knives

**Thank you!**

**RETIREMENT COMMUNITIES | HOME HEALTH SERVICES**

I'm having so much fun  
being next to my friends!



Watch the full story at [HappyRetiredTeacher.com](http://HappyRetiredTeacher.com)

Maintenance-free retirement living with a variety of home styles  
and care services to meet your needs as you get older.

816 S. 216th St. ♦ Des Moines, WA 98198  
206.824.5000 ♦ [www.wesleyhomes.org](http://www.wesleyhomes.org)





### Fireside Chats 2015

Join the conversation with local community leaders - learn more about their areas of expertise, the services their department/agency offers, ask questions and get to know more about your community.

*Des Moines Activity Center*

*FREE*

### I Need Transportation!

Are you 55 or older *or* have a disability?

Do you need help with local transportation or getting to lunch and/or medical appointments?

Cindy Zwart, Senior Services Transportation Program Director discusses the choices you have to get out and about and enjoy living independently!

*Tuesday March 17 11:30am DMAC*

### Medical Teams International Mobile Dental Van

Volunteers with the Mobile Dental Van in Des Moines will share your options for free and affordable dental care. Applications will be available for the Des Moines monthly mobile dental van funded in part by the Des Moines Legacy Foundation.

*Tuesday April 14 11:30am DMAC*

### Economic Development Update

Meet the City of Des Moines' new economic development director, Michael Matthias. Michael will provide an update on what he has been working on for the past 8 months for our city.

*Tuesday May 12 11:30am DMAC*



### Coffee With A Cop

The Des Moines Police Department and the Activity Center invite you to sip-in for "Coffee with a Cop" in a relaxed informal one-on-one with officers to discuss concerns, share your questions and just chat.

*Monday March 9 11:30am-12:30p DMAC*

*Thursday, April 9 11:30am-12:30p DMAC*

### Gift Shop Volunteers Needed

Do you have extra time?

**Highline Medical Center** has a great opportunity for volunteers to work in their Gift Shop!

Would you like to be part of a great team and interact with people while making a difference as a hospital volunteer?

Highline Medical Center is currently seeking volunteers to work in the Gift Shop and would love to have you join our team.

No experience needed—training is provided.

If you would like to apply or want more information,  
Please call: Volunteer Services at 206-988-5767.

### Veterans Services Update

Joshua Wheeldon, Retired Afghan & Iraq veteran with Valley Cities, will provide updates on the many services available to retired veterans and their spouses. As a vet, you may be eligible for much more than you realize and Josh can help you "navigate" the system for veteran specific resources. This service is funded by the King County Veterans and Human Services levy and the Washington State Dept. of Veterans Affairs.

*Wednesday, April 22 10:30am DMAC Free*

**Veterans Coffee Hour starts May 13** - join Joshua's first monthly coffee hour to enjoy good coffee, companionship, conversation and receive sound veteran's support information!

*Ongoing, 2<sup>nd</sup> Wednesday monthly 10:30-11:30am DMAC*

### Changes in the Aging Eye

An informative presentation discussing eye care, normal changes as our eyes age as well as unexpected changes due to macular degeneration, glaucoma, diabetes, strokes or cataracts. Helpful resources and information will help you adapt to potential vision changes.

Facilitator: Kate Fewel, Social Worker w/Sight Connections and Comfort Keepers.

*Tuesday, May 5 10:30 - 11:30am DMAC*

### Going Purple for Music, Memory and Dementia

Learn some key strategies that might ease the challenge of daily communications with a loved one with dementia. And, be inspired by *Alive Inside*, a DVD depicting the impact of personalized music for individuals with dementia. Facilitated by staff.

*Discussion: Wednesday, June 3 11am -12pm DMAC*

*DVD Showing: Wednesday, June 3 1-3pm DMAC*

## Des Moines Police

# Crime Tip Line

## 206 870-6871

The Des Moines Police has established an anonymous crime tip line for citizens wishing to provide information on criminal activity in Des Moines.

The crime tip line is an electronic voicemail system that is checked regularly by police department staff. You will not speak to anyone directly on this line. You do not need to leave your name or number (but we encourage you to if you want follow-up).

Remember if you are witnessing a crime please call 9-1-1!



**Premium Outlet Mall**

Northbend

Discover great buys and spend your tax refund. Did you know that *last year Nancy Bogni found a stunning jacket for \$8 down from \$100+!* No-host lunch at the mall.

Wednesday, April 8 9:30am-4pm \$9

**Working Waterfront Maritime Museum**

Tacoma

Tacoma's newest museum on the Thea Foss Waterway is filled with the maritime history of the Pacific Northwest. No-host lunch at Rock the Dock.

Wednesday, April 15 9:30am-2pm \$14

**Wine & Chocolates Tour**

Georgetown

The best pairing: delectable chocolates and wine tasting! Tour the new Fran's Chocolates and a stop at a nearby winery. No-host lunch in Georgetown.

Wednesday, April 22 9:15-2:30pm \$25

**SilverSounds Northwest Concert**

Burien

SilverSounds takes you on a road-trip back in time featuring songs from their youth and yours too!

Sunday, April 26 1:15-4:30pm \$23

**Historic Flight, Paine Field**

Mukilteo

A docent guided tour of the most important aircraft produced between 1927 & 1957 restored and airborne again. Climb inside a B-25; see an extremely rare P-51B Mustang and more. No host lunch.

Wednesday, April 29 8:30am-4pm \$25

**Antiques & Shopping**

Centralia

Explore and shop for antiques in downtown Centralia and enjoy lunch at McMenamins.

Wednesday, May 6 9:30-4pm \$10

**Mystery Trip 2015**

June 4-6

Join Lou Noess and the Boeing Employees' Travel Club on a 2-night getaway to a Mystery Trip via chartered bus.

Departure: 6/4 8am

Estimated Return: 6/5 5pm

\$490/pp double occupancy

\$590/pp single occupancy

\$50 Deposit Due April 1

Final Payment Due May 15

**Pigs Peace Sanctuary**

Stanwood

Meet Elly, a resident of a non-profit organization dedicated to providing a safe home for unwanted and abused pigs, *Pigs Peace*. Learn Elly and Button's stories and how they now have love in their lives. No-host lunch before.

Wednesday, May 13 8:45am-5pm \$15

**Tacoma Graffiti Tour & Farmers Market**

Tacoma

Enjoy wandering through the Tacoma Farmers Market, nearby antique stores and find your lunch in the market followed by a fascinating and beautiful "graffiti" tour.

Thursday, May 28 9:30am-3pm \$10

**The Mighty Wurlitzer & Silent Movie**

Paramount Theatre

A survivor of the silent movie era, the great Wurlitzer pipe organ, one of the last three remaining organs of its time and residing in its original environment plays on in a Silent movie, TBA. No-host dinner at the Daily Grind.

Monday, June 1 4:30-9:30pm \$25

**The Buddy Holly Story**

Tacoma Musical Playhouse

In 1957 Rock n Roll was forever changed by Buddy Holly, a 19 year old kid from Texas. The Buddy Holly Story, featuring 20-hit songs, tells the true story of his meteoric rise to fame until his tragic death less than 2 years later.

Saturday, June 6 1-4pm \$37

**Chehalis Cheese Tour**

Chehalis

Cheese anyway you like it: Plain, Swiss, Spreads, from Cows and Goats at 2-farms specializing in cheese making. No host lunch at Market Street Bakery & Café in Chehalis.

Wednesday, June 10 8:30am-4pm \$20

**Trip Information & Policies**

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted.

**Trip Registration:** Registration is taken on a first paid basis.

**Wait List:** Cancellations are filled *only* from the waiting list!

**The Trip Times reflect the actual departure time and the estimated return time.**



*We advise you check in 15-minutes prior to departure. The bus does not wait for late travelers.*

*We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.*

**Trip Cancellations, Refunds and Credits:**

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds *or* credit must be received **5 business days prior to the trip date.**

Refunds are subject to a \$10 processing fee.

No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.



## Golf Outings Begin in April!

*Note:*

Golf destinations are selected by your fellow golfers.



Enjoy playing 9 holes at Puget Sound courses. Players draw numbers to determine playing partners and tee position.

*Transportation Fee: \$9-11 \**

Departures: 8 or 8:30am

Return time varies

Date (Mondays)	Course / City	Green Fee
April 20	Eagles Pride, Ft Lewis	\$15
May 4	Classic Golf Club, Spanaway	\$20
May 18	Madrona Links, Gig Harbor	\$18
June 1	Cascade, North Bend	\$16
June 15	Bellevue	\$28
June 29	Jade Green, Auburn	\$15
July 13	Lipoma, Puyallup	\$17

*\*Meet At The Course Option: Participants must be enrolled by the Thursday prior and \$5 program fee applies..*

## Horticulture Happenings



Explore lush and varied Northwest gardens and nurseries. No host lunch and garden admission fees when applicable.

*\$9 with Transportation*

*\$5 with Carpool*

Departures: 9:30am unless noted

Return time varies

Fridays	Destination
April 10	Windmill Garden/Sumner & Watson Greenhouse/Puyallup
April 24	Lake Washington Technical College/Kirkland
May 15	Kruckleberg Botanical Garden/Shoreline
May 29	Bloedel Reserve & Bainbridge Garden 9am
June 12	Iris Gardens/Olympia
June 26	Chinese Reconciliation Garden & Point Defiance Park/Tacoma 9am



*Volunteer Drivers, Bonnie Reister (left) and Dick Body (right) enjoy the view during an Out To Lunch outing!*

## Out To Lunch-Fridays

Transportation Fee: \$9

Enjoy no-host dining at northwest restaurants.

Departures: 10:30-11:00am

Return: 2:00pm

April 3	British Pantry, Redmond
May 1	Asado Cucina Argentina, Tacoma
June 5	Two Town Pub and Café, Tacoma waterfront
July 10	Aviateur French Diner, Tacoma



## Get Out There & Travel With Us!

*Washington State Association of Senior Centers (WSASC) teams up with individual senior centers to offer fantastic trips that will generate fundraising revenue for the Association and local senior centers!*

## America's Music Cities

**October 4-11, 2015**

*Hosted by Collette Vacations*

Travel through New Orleans, Memphis and Nashville and enjoy taking in these sights:

*The French Quarter*

*New Orleans School of Cooking*

*Swamp Tour*

*Graceland*

*Grand Ole Opry Show & Backstage Tour*

*Country Music Hall of Fame and Ryman Auditorium.*

Double: \$2,620      Single: \$3,329      Triple: \$ 2,599

Price includes round trip airfare from Seattle, taxes and fees, surcharges and hotel transfers.

Final payment due August 4, 2015.

Travel Insurance recommended at \$205 per person.

*Call 206-878-1642 to learn more!*



# GET BACK!



## Where We Once Belonged!

### Save the Date!

Wednesday, July 15  
5—7pm

### Beach Park *Box-Supper* Celebration

Followed by a summer concert in the park  
Details & Ticket Sales Available June 1, 2015

*Celebrating Memories  
Dining with Friends!*

Don't Miss Out..  
Get Your Ticket  
Now!

### We Get By With A Little Help From Our Friends...

Keeping us well stocked:

#### Office Supplies:

- ♦ Jean Fitchett

#### Kitchen Supplies:

- ♦ Bobbie Chamberlain,

#### Medical Lending Equipment:

- ♦ Millie Olsen, Dorothy Easterson

#### Holiday Gift Baskets for Meals On Wheels Clients:

- ♦ Kathy Morgan, Tom Lyon and Carne Elwell

#### Decorations:

- ♦ Renata Wines

#### Snack Counter:

- ♦ Mary Jo Wagner, Joseph Hough, Jean Fitchett, Cordy Barney and Duplicate Bridge Players,

#### Monetary Contributions:

- ♦ Joanne Dahl, South King County Coalition, and Judson Park Thrift Store

Wesley Homes graciously hosting writing classes!

...And We Thank All Of You!





### ***Eggstravaganza***

**Saturday, April 4 9-10am**

**Des Moines Beach Park**

**\$5**

**Grades 6 & younger**

**Under age 5 must be accompanied by an adult!**



### **Rain or Shine .... Spring Wellness Walk**

**Wednesday, April 15  
11:30 am**

**Stroll or briskly walk  
Des Moines Activity  
Center & Steven J  
Underwood Memorial  
Park with Us!**

Surprise  
Walker Incentives  
by  
Highline Medical Center  
&  
Fernwood at the Park



Neal, Tom and Jay (L-R) embellish their lunch with feisty sports commentary about the sporting event of the week! And on Wednesdays, Tom plays the piano before lunch! Their analysis of Karna and Aida's meals, "too damn good!"

### **Special Spring Meals On Tap**

#### ***April Fools***

***Wednesday, April 1***

Who will be the fool? Staff or participants?  
Wear your DMAC T-shirt and find out!

#### ***Mother's Day***

***Thursday, May 7***

Music celebrating Mothers accompanied by a delicious menu created by Karna!

#### ***Memorial Day Salute***

***Tuesday, May 26***



#### ***Father's Day***

***Monday, June 22***

Varoom....share your love of things which run on motors and or wind; cars, boats, motorcycles—and bring models or snap-shots of your first or favorite vehicle!



**Prelude to the 4th Wednesday, July 1**  
Picnic style lunch combined with balloon fun!  
*Hosted by State Farm Insurance,  
Char Schultz*



### ***Join the Birthday Club!***

Celebrate your birthday with us on the third Wednesday of every month.

Let us know you are coming and you'll be seated at our VIBP Table and be served a yummy birthday dessert!

Thank you to our  
Birthday Club Sponsors!

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DES MOINES  
ACTIVITY CENTER  
2045 S. 216th  
PO BOX 98576  
DES MOINES, WA 98198



*14" x 27" Framed Photograph by Carmen Scott*

Raffle  
Tickets  
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# 2015 Raffle

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Drawing: Wednesday, August 19, 2015

12:30pm

Des Moines Activity Center

Need not be present to win!